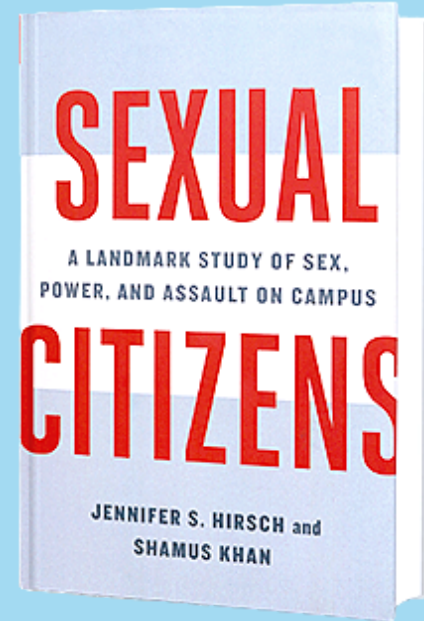


WINTER 2022

#TalkAboutItTUESDAY



WHAT IS SEXUAL CITIZENSHIP?



Sexual Citizenship is...

the acknowledgement of one's right to sexual self-determination and the recognition of that equivalent right in others

Sexual Citizens are...

people who know they have the right to say "yes" or "no" to sex and recognize that everyone else has those same rights.

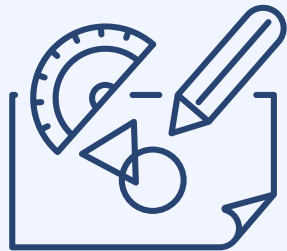
Sexual citizenship isn't something we are born with.

It is developed through....

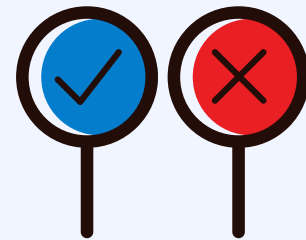
- understanding our reasons for having/ not having sex (sexual projects)
- reflecting on how sexuality, sex, and anatomy were taught / discussed growing up at home and at school
 - reflecting on how our cultures, religions, or communities view sex
 - our own self exploration of sex (masturbation, porn, research, etc.)

You can develop your sexual citizenship by...

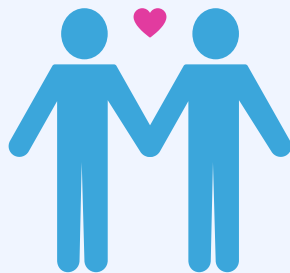
1) Identifying your sexual projects



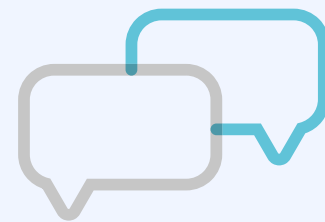
2) Knowing your Yes's & No's



3) Learning about positive sexuality



4) Expressing yourself & listening to others



5) Recognizing your bodily autonomy

6) Being an upstander, not a bystander

Reflection Questions

- What are your sexual projects?
- How has your understanding of sex changed over time?
- How do you feel about your body? Does your acceptance of your body empower you? How can you use this empowerment to help and respect others?
- What does a culture of respect around sex mean and look like to you and/or your partner(s)? How can you help achieve that?